HCN Connect is dedicated to keeping our community informed about the contributions that individuals and organizations are making to improve community and individual health in the Riverside County region.

Let us feature your story, event or resource in HCN Connect!

Do you have a plan, program or endeavor designed to improve your community’s health?
Do you have a resource you would like to share with the HCN? Please let us know!

Please submit ideas for the next publication by: 
March 7, 2020

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CDC’s New Initiative

Creating An Active America, Together

What is Active People?

Active People, Healthy Nation is a national initiative led by the Centers for Disease Control and Prevention (CDC), to help 27 million Americans become more physically active by 2027.

Why Should People be Active?

Increasing your physical activity can help improve your health and quality of life. This includes potentially reducing the cost of health. These health improvements can help reduce the risk of at least 20 chronic diseases and conditions and provide effective treatment for many of these conditions.

Keep in mind: Inactivity contributes to 1 in 10 premature deaths!

Strategies to Improve Physical Activity

Communities can implement evidence-based strategies to increase physical activity across various sectors and settings.

These include: activity-friendly routes to everyday destinations, access to places for activity routines, community-wide campaigns, social supports, individual support, setting reminders to encourage physical activity, and equity-oriented considerations for implementation strategies.

How will they monitor success?

The CDC will monitor these physical activity levels through the National Health Interview Survey and the Youth Risk Behavior Survey.

Learn More:

Public Health can help:
• Deliver programs that have already been proven to work at the national, state, and local levels
• Mobilize partners to develop efforts to increase physical activity
• Help share messages that promote healthy, active lifestyles

Click on the link to learn more about the Role of Public Health in Active People, Healthy Nation!

How can I join Active People, Healthy Nation?

• Individuals and families can sign up for the movement and get started now! They can also learn how to become Community Champions here
• Organizations can learn how to make their community or business more activity-friendly here

(Source: CDC)
The Robert Wood Johnson Foundation (RWJF) is the nation’s largest philanthropy dedicated solely to health. Since 1972, they have supported research and programs that target critical health issues, from substance abuse to improving access to quality health care.

GUIDING PRINCIPLES

• Seek bold and lasting change rooted in the best available evidence, analysis, and science, openly debated.
• Treat everyone with fairness and respect.
• Act as good stewards of private resources, using them to advance the public’s interest with a focus on helping the most vulnerable.
• Cultivate diversity, inclusion, and collaboration.
• Speak out as leaders for what we believe.
• We are privileged to do this work. We are proud of our successes and accomplishments, and we believe our best achievements lie ahead.

APPROACH

Through a wide array of grant programs, we engage policymakers, business leaders, community groups and many other stakeholders with a common interest in making it easier for everyone to get and stay healthy.

FOCUS AREAS:

• Health Systems
  o Health care coverage and access
  o Health care quality and value
  o Public and community health
• Healthy Communities
  o Built environment and health
  o Disease prevention and health promotion
  o Health disparities
  o Social determinants of health
• Healthy Children and Families
  • Child and family well-being
  • Childhood obesity
  • Early childhood
• Leadership for Better Health
  • Health leadership development
  • Nurses and nursing

CULTURE OF HEALTH ACTION FRAMEWORK

Developed in collaboration with the RAND Corporation, RWJF’s Culture of Health Action Framework sets a national agenda to improve health, equity and well-being. Informed by rigorous research on the multiple factors which affect health, it recognizes there are many ways to build a Culture of Health, and provides numerous entry points for all types of organizations to get involved. Their focus on health equity means addressing barriers to care by collaborating with others to create better health opportunities for everyone.

To learn about current funding opportunities, click here.

Click here to read their blog and learn more about their Culture of Health.
In this issue of Intern’s Corner, I am focusing on Riverside Health in the news.

In the past few weeks, the news have been full of reports and updates on the coronavirus outbreak, which has caused a global epidemic that has affected more than 2 dozen countries.

The virus was first identified by the Chinese government Dec. 31, when authorities indicated an unknown pneumonia variant was impacting residents of Hubei province.

In the United States, there have been 12 confirmed cases of coronavirus, including six in California.

The 195 individuals under quarantine include U.S. State Department employees and their families, after being evacuated from Wuhan, China.

As reported in The Desert Sun, there was a young child under quarantine at March Air Reserve Base located in Riverside County, between the cities of Riverside, Moreno Valley, and Perris.

The child was then hospitalized at Riverside University Medical Center after developing a fever.

Doctors ran tests on the child and mother after they were taken by ambulance to the medical center, however both tested negative for the coronavirus and were later taken back to the base.

This is the second child under a 14-day quarantine at March to receive negative test results for the virus.

County Public Health Officer Dr. Cameron Kaiser told the Board of Supervisors Tuesday there was minimal likelihood of a coronavirus threat locally, saying, “the flu is going to kill more residents than coronavirus.”

As of now, it appears that there will be no additional quarantine cases taken to the March base.

There are four other military bases in the country that will be used as quarantine sites.

The coronavirus epidemic has claimed 811 lives in China. This surpassed the death toll of the 2003 severe acute respiratory syndrome (SARS) outbreak. In China, more than 28,000 infections have been documented.

However, the respiratory illness is treatable, and many patients are recovering, according to reports.

(Source: The Desert Sun)

It is advisable to be vigilant of symptoms and simple actions such as careful hand-washing and careful monitoring of potential symptoms is important in preventing infection.

Reduce your risk of coronavirus infection:
- Clean hands with soap and water or alcohol-based hand rub
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Thoroughly cook meat and eggs
- No unprotected contact with live wild or farm animals

(Source: World Health Organization)
The California Air Resources Board (CARB) is the primary state agency responsible for actions to protect public health from the harmful effects of air pollution.

CARB guides the activities of 35 local air pollution control districts and leads state efforts to address global climate change.

In 2017, Governor Brown signed AB 617, a law aimed at developing a community-focused program that reduces air pollution. This public health effort pays particularly close attention to vulnerable populations and communities disproportionately affected by pollutants.

Some of AB 617’s key points include:
- Community-level air monitoring
- A state strategy and community specific emission reduction plans
- Accelerated review of pollution control technologies on industrial facilities
- Enhanced emission reporting requirements
- Increased penalty for polluters

To implement AB 617, guiding principles to identify heavily burdened communities have been put in place. These include the utilization of existing data and the prioritization of communities with well-known sources of air pollutants.

After receiving community input, CARB created a Community Air Protection Blueprint to implement AB 617.

This blueprint outlines the process for identifying impacted communities, statewide strategies to reduce emissions of criteria air pollutants, and the development of community emissions reduction programs and community air monitoring plans.

CARB’s commitment to developing health equity is evident in the creation of the AB 617 Consultation Group Meeting, which consists of environmental justice organizations, air districts, public health organizations, and local government.

Through their collaborative process, the consultation group hosts various forums, such as public workshops, community meetings, and discussions with individual organizations and stakeholders.

Amongst other communities, the Eastern Coachella Valley (encompassing the city of Indio, Coachella and rural Riverside County communities) has been selected for the development of a Community Emission Reduction Plan (CERP) and a Community Air Monitoring Plan (CAMP). Over the course of 2020, a newly formed Community Steering Committee (CSC) will convene regularly to identify issues and develop the plans.

For more information contact Arlene Farol at AFarol@aqmd.gov
Governor Newsome hopes Californians will have access to quality, affordable, and person-centered health care through delivery systems that are age-friendly, dementia-friendly and disability-friendly.

“The Golden State is getting grayer and we need to be ready for the major population changes headed our way. We need a plan that brings everyone to the table to help us understand what’s coming and guide us toward taking better care of older Californians.” — Governor Gavin Newsom

Looking for a way to get involved? Take this survey to share your suggestions for an age-friendly California!

Currently, there are weekly, ongoing Wednesday Webinars that allow stakeholders and community members to speak out on topics related to aging. If you’d like to see a summary of previous summaries and poll results related to the topic of each previous meeting, click here.

You can also sign up for email updates on the Governor’s Master Plan for Aging.

### 2020 Master Plan Phases

**March 2020:** Report due to the Governor from the Long-Term Services and Supports Subcommittee with recommendations on stabilizing long-term services and supports.

**Summer 2020:** Adoption of stakeholder and public feedback into Master Plan submission to Cabinet for review.

**October 2020:** Master Plan issued by the Governor.
Announcements

Click here to register!
Become a Walking College Fellow!

The Walking College is a remote-learning program that imparts fellows with the knowledge and skills they need to become leaders in creating stronger, more equitable and sustainable communities.

Over six months, fellows complete a series of modules addressing topics including the basics of walkable design, how to navigate the public policy process, effectively engage decision makers, and how to foster a local advocacy movement.

By the end of the program, fellows will have completed a blueprint for a series of short and longer term strategies to tackle an identified problem in their communities.

To view a sampling of fellows’ Walking Action Plans, [CLICK HERE](#).

[CLICK HERE TO VIEW THE 2020 APPLICATION](#)

APPLICATIONS DUE FEBRUARY 28, 2020 at 8PM EASTERN

For more information or if you have any questions, please contact Walking College Manager Emilie Bahr at [ebahr@americawalks.org](mailto:ebahr@americawalks.org) To learn more about the Walking College, click [here](#)